

Bạc Cánh Mềm

# Introduction on Taking Notes

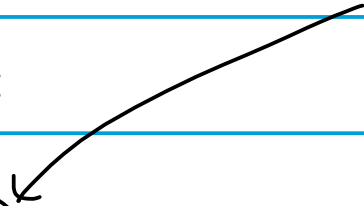
1/21/2018

## Title of the Lesson

### Title of the Slide

- First Bullet Point
- Second Bullet Point
- Third Bullet Point

Teacher says blah  
blah ... ....



# Video

Give many examples on what Buddha did during his time on Earth.

# Lesson 1

5/13/2018

# History(Lịch Sử) Of Buddha(Đức Phật Thích Ca)

- 1) Birth Name: Siddhartha(Tất Đạt Đa)
- 2) Title: Gautama (Thích Ca)
- 3) Father: King Sudhodana(Tịnh Phạn)
- 4) Mother: Queen Mahamaya (Ma Gia)
- 5) Step Mother: Mahaprajapati Gotami
- 6) Birth: Full Moon, 4<sup>th</sup> month of Lunar Calendar(Âm Lịch)
- 7) Fortune Teller had 32 fortunes for him but one of them become a Buddha
- 8) Childhood: Gifted, smart and luxury life

# History(Lịch Sử) Of Buddha(Đức Phật Thích Ca)

- 1) Married at age 17
- 2) Wife: Yasodhara (Da Du Đà La)
- 3) Son: Rahula (La Hầu La)
- 4) Father shield Shakyamuni from the outside world
- 5) Shakyamuni went outside and saw 4 types of suffering: Birth, Old Age, illness, and death
- 6) Left palace at age 19 to find a way to end suffering
  - 1) New Research found age 29
- 7) He became enlightened at the age 35
- 8) Preach his teachings until the age of 80

# Quiz 1

6/10/2018



# Questions

1. What is Phật Thích Ca birth name?
2. What type of moon and what month on the lunar calendar Phật Thích Ca was born?
3. What was his son name?
4. What were the 4 type of illness he saw leaving the palace?

1. Siddhartha(Tất Đạt Đa)
2. Full Moon, 4<sup>th</sup> month of Lunar Calendar(Âm Lịch)
3. Rahula (La Hầu La)
4. Birth, Old Age, illness, and death

# Lesson 2

7/8/2018

# Learning to Listen

- Bodhisattva (Bồ Tát) : a person who choose to be reborn again to help other beings from sufferings
- Bodhisattva had 500 followers
- Bodhisattva became ill and followers asked what he achieved in life
- Bodhisattva reply “nothing” and passed away shortly without proper funeral
- One night Bodhisattva appear and spoke with wisdom words
- Important to learn to listen from a wise for you to grow to become a better person and help others

# The Reward of Honesty

- A Bodhisattva spirit dwell within the holy castor tree
- Poor man went to the castor tree to pray
- Poor man wanted to offer a piece of bread but couldn't since other people gave expensive gifts
- Bodhisattva came and ask for the piece of bread
- Bodhisattva reward him for giving wealth but the poor man instead gave it to the King instead
- Building good karma for being honest
- Good karma is when you help others first before yourself

# Conquering Anger

- Bodhisattva born into a highly educated family and in his youth became monk with his wife
- King of the land fell in love with Bodhisattva's wife and kidnap her
- King asked Bodhisattva how will he react if the King put his wife into harm way
- Bodhisattva said he will not be angry and remained calm which shocked the King
- One of the three poisons: Greed(tham), Anger(giận), Ignorance(si mê)
- "You are the first victim of your own anger." –S. N. Goenka

# Right and Wrong

- Water snake was hungry and fell into the cage where the fish was
- Fish attack the water snake and fled
- Green frog hop by and saved the fish in which the water snake blame the fish for attacking
- Green frog(Bodhisattva) points out how you enter the fish territory and it has every right to defend
- “There is nothing either good or bad, but thinking makes it so.”  
-(Paraphrase)William Shakespeare from hamlet
- “To understand everything is to forgive everything.” –(Paraphrase)Zen

# The Precious Life

- A Bodhisattva deer was admire of its beauty within the forest
- Prince saw the deer and went after it to capture it
- Prince's charioteer was used to chase it but one of the wheel came off and land into the river
- Prince plead for help since he doesn't know how to swim and the deer save the Prince from drowning
- Prince regret by his own greed and vow to never hunt animals

# The Magic of Patience

- Bodhisattva reborn as a buffalo and lived with immature monkey
- Immature monkey mess around with the buffalo too much
- Mature buffalo was patient and never complained
- Elephant asked the buffalo why he put up with the monkey's antics
- Buffalo said the monkey taught him the lesson of being patient
- Monkey was ashamed and asked the Buffalo for his forgiveness



# True Friendship

- Bodhisattva reborn as a parrot and lived in a fig tree
- Parrot enjoyed eating ripe fruit but later on the tree became old
- Parrot refused to live the fig tree for another one
- Sakka, King of Gods, disguise as a goose and ask Parrot why he remain
- Parrot said that he can't leave a friend who helped me all these years
- Sakka was impressed about the Parrot loyalty and renew the Fig tree

# The Foolish Son

- Royal barber son wanted to marry a beautiful girl
- He can't since she is from a royal family and you are not
- Son refused to eat and drink then became heartbroken and died
- Buddha said "Your son has died by setting his heart on something which he could never have."

# The Value of Kindness

- Golden deer named Rohanta who was a Bodhisattva
- Kehma ask to search for the Rohanta from her dream
- A hunter laid a trap and Rohanta got caught
- Rohanta warned others to fled except Chittamiga and Sutana
- No amount of persuasion keep away to leave their brother
- Hunter's heart was touched and released Rohanta
- Hunter became a monk

# Lesson 3

9/16/2018

# Bài Sám Hối == Repentance/Self Forgiveness

1. Đệ tử kính lạy
2. Đức Phật Thích Ca
3. Phật A Di Đà,
4. Thập phương chư Phật,
5. Vô lượng Phật Pháp
6. Cùng Thánh Hiền Tăng

1. We, the Buddha Disciples,  
respectively bow
2. to Shakyamuni Buddha,
3. Amitabha Buddha
4. Buddhas in the ten  
directions
5. Immeasurable Dharma  
teaching,
6. and to the Saints, Sages,  
and Sangha

# Exercise

1. Who are the *Đệ tử* referring to?
2. Where is *Phật A Di Đà*?
3. What is the Vietnamese translation for “Buddhas in the ten directions”?
4. Write a paragraph for question 3 on explaining what that mean.
5. What is the Vietnamese translation for “Immeasurable Dharma teaching”?
6. Write a paragraph for question 5 on explaining the phrase “Immeasurable Dharma.”

# Lesson 4

9/30/2018

# Part 1: Know our faults & to forgive ourselves

1. Đệ tử lâu đời lâu kiếp,
2. Nghiệp chướng nặng nề,

3. Tham giận kiêu căng,
4. Si mê lầm lạc,
5. Ngày nay nhờ Phật,

6. Biết sự lỗi lầm

1. A student for many lifetimes,
2. Karma heavy,

3. Greed, anger, & arrogance
4. Ignorance and false belief
5. Today acknowledge Buddha

6. We know our mistakes



# Exercise

1. What's the Vietnamese translation for "A student for many lifetimes"?
2. Why are we a student of many lifetimes?
3. What's the English translation for "nghệp"?
4. What the English translation for "Tham giận kiêu căng?"
5. Write a paragraph for question 4 about why it is bad for us.

# Review Bài Sám Hối

10/07/2018

# Bài Sám Hối == Repentance/Self Forgiveness

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# Lesson 5

10/7/2018

## Part 2: Know our faults & to forgive ourselves

1. Thành tâm sám hối,
2. Thề tránh điều dữ,
3. Nguyện làm việc lành,
4. Ngừa trông Ơn Phật,
5. Từ bi gia hộ,
6. Thân không tật bệnh,

1. Repent our wrong-doings
2. Vow not to do bad deeds
3. Vow to do good deeds
4. Seek in Buddha's blessing
5. Compassionately guide us
6. Our body don't get sick

# Exercise

1. What does the English translation for “Thề tránh điều dữ”?
2. Write a paragraph on question on why we should do that.
3. What does “Tù bi” mean?
4. Give an example in your daily life on how to be Từ bi.

# Review Bài Sám Hối

10/14/2018



# Bài Sám Hối == Repentance/Self Forgiveness

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## Part 2: Know our faults & to forgive ourselves

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2. Thề tránh điều dữ,
3. Nguyện làm việc lành,
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4. Seek in Buddha's blessing
5. Compassionately guide us
6. Our body don't get sick

# Lesson 6

10/14/2018

## Part 2: Know our faults & to forgive ourselves

1. Tâm không phiền não,
2. Hàng ngày an vui tu tập,
3. Phép Phật nhiệm mầu,
4. Để mau ra khỏi luân hồi,
5. Minh tâm kiến tánh,
6. Trí huệ sáng suốt,
7. Thần thông tự tại

1. Our mind is not in misery,
2. Daily peaceful practice,
3. Permit Buddha's miraculous power,
4. Bring us out of cycle of Rebirth
5. Enlighten our mind and seeing our true nature
6. Wisdom insight
7. Self awakening of self consciousness

# Exercise

1. What does “luân hồi” mean?
2. What does “trí huệ” mean?
3. What’s the Vietnamese translation for Daily peaceful practice?
4. Give an example how you do “Daily peaceful practice.”

# Review Bài Sám Hối

10/21/2018

# Bài Sám Hối == Repentance/Self Forgiveness

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## Part 2: Know our faults & to forgive ourselves

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2. Thề tránh điều dữ,
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2. Vow not to do bad deeds
3. Vow to do good deeds
4. Seek in Buddha's blessing
5. Compassionately guide us
6. Our body don't get sick

## Part 2: Know our faults & to forgive ourselves

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3. Phép Phật nhiệm mầu,
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7. Self awakening of self consciousness

# Lesson 7

10/21/2018

## Part 3: Know our faults & to forgive ourselves

1. Đặng cứu độ các bậc  
tôn trƯởng
2. Cha mẹ anh em,
3. Thân bằng quyến thuộc,
4. Cùng tất cả chúng sanh,
5. Đều trọn thành Phật  
đạo

1. Save our ancestors,
2. Our parents and  
siblings,
3. Our relatives near and  
far,
4. And All living beings
5. All achieve the  
buddha's path

# Exercise

1. What does “Đặng cứu độ các bậc tôn trưởng” and “Cha mẹ anh em” mean?
2. From question 1, why should we do it?
3. What does “Đều trọn thành Phật đạo” mean?
4. From question 3, write a paragraph to explain how you would achieve in doing so.

# Midterm 2

10/28/2018

# Exam Review

11/11/2018



# History of the Wooden Fish Drum(Mo)

11/11/2018

A.K.A Wakeful Drum – Wake up